

TOOTI FROOTI



Fleming

Early Learning Centre



At the Early Learning Centre, we believe that healthy children are happy children. We introduced a weekly Tooti Frooti, to encourage healthy eating and trying something new. Each child will get a chance to create a fruity snack of their choice and bring it in to school, to share with the class.

A class roster will be sent out in the first term with an allocation of dates.

Some guidelines...

- ❖ Choose a fruit or fruits of your choice
- ❖ Please create a healthy, fruity snack, involving your child as much as possible in the process (ideas included on the back of this sheet)
- ❖ The **main ingredient** in the snack should be **fruit**
- ❖ The snack should cater for each child in our class (Note: their tummies are small, so small portions please)

Educational Value...

- ❖ Your child gains some valuable one on one time with you
- ❖ Your child learns about the process of preparing food
- ❖ Your child shares with the class & we all say thank you
- ❖ The class learns about healthy eating
- ❖ We all taste something new!

TOOT! FROOT!

Stuck for ideas?

Try googling these...



- ❖ Blueberries dipped in yoghurt and then frozen
- ❖ Pineapple sticks, with a yoghurt dip
- ❖ Frozen fruit yoghurt pops
- ❖ Rainbow fruit skewers
- ❖ Watermelon slices
- ❖ Fruity ice crushers
- ❖ Banana smoothie
- ❖ Kiwi and grape salad
- ❖ Sliced bananas, nut butter (peanut free) on rice cakes
- ❖ Home-made granadilla yoghurt
- ❖ Fruity, coconut sorbet (easier than it sounds!)
- ❖ Cinnamon apple chips
- ❖ Apple oat bites
- ❖ Cucumber sticks with an applesauce dip
- ❖ Baked plum and cinnamon pieces

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